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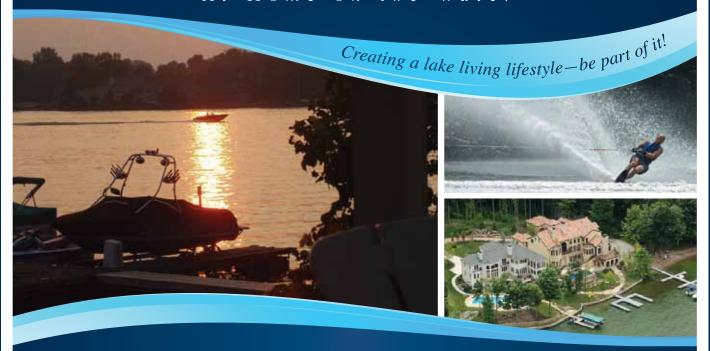


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Bulletin

Official monthly publication of the Indianapolis Medical Society 631 E. New York St. Indianapolis, Indiana 46202-3706

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President David R. Diaz, MD

President-Elect Stephen W. Perkins, MD

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Executive Vice President and Editor, *The IMS Bulletin* Beverly Hurt

Associate Editor, *The IMS Bulletin* Marcia K. Hadley

The Bulletin invites news from and about members of the Indianapolis Medical Society. Copy deadline: First of the month preceding month of publication.

Advertising: Rates available upon request. Advertisers should provide electronic files by the first of the month preceding publication. Placement of advertisements, except for premium spaces, will be throughout the publication at the discretion of the editor. Board Certification Policy: IMS publishes board certifications approved by the American Board of Medical Specialties, American Osteopathic Association, and Royal College of Surgeons. Physician members wishing to designate an area of special interest in which their boards are not ABMS-, AOA-, or RCS-approved may use the following wording: "Specializing in."

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ATTENTION SOCIETY MEMBERS

We like to feature photographs or other artwork shared by IMS members on the cover of *The Bulletin*. Submit photographs, artwork, etc., to Beverly Hurt at the Society Office, bhurt@imsonline.org.

The Bulletin is your magazine. Share your views by submitting reprints of your published articles; articles written expressly for *The Bulletin*; quips; short stories; brief comments; ideas; cartoons, etc.

Remember the *Indianapolis Medical Society Foundation* when planning your will. (*Contribution form included in this issue.*) Unless otherwise specified, your contribution will be directed toward medical scholarships.

Bulletin Subscriptions: \$36.00 per year AMA Web Page: http://www.ama-assn.org IMS Web Page: http://www.imsonline.org

in this issue

Special Features

President's Page It's time we have a heart to heart	
David R. Diaz, MD	7
Another Perspective	
A Different View of Change	
Christopher A. Gray	
Physicians Wealth Management	8
Calling All IMS Members	11

Departments

About Our Cover	5
Advertisers' Index1	.5
Bulletin Board1	.1
Classified Advertisingwww.imsonline.or	g
CME & Conferences	4
Employment Advertisingwww.imsonline.o	org
In Memoriam1	2



about our cover

On our cover:

Our Happy New Year Puppy photograph was found on the internet believed to be attributed to the Sacramento Humane Society.

January 2015 National Health Observances:

• Cervical Health Awareness Month

For more information: Cancer.net

• National Birth Defects Prevention Month

For more information: National Birth Defects Prevention Network:

http://www.nbdpn.org/national_birth_defects_prevent.php

•National Glaucoma Awareness Month

For more information: Prevent Blindness:

http://www.preventblindness.org/

Thyroid Awareness Month

For more information: AACE Thyroid Awareness:

http://www.thyroidawareness.com/

Happy New Year!



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- · Neck Pain & Arthritis & Related Headaches · Work & Sports Related Injuries
- Spinal Arthritis
- Spinal Osteoarthritis
- Degenerative Disc Disease











Steven E. Levine, MD William L. Hall, MD

Dr. Steven E. Levine is board certified in Pain Management and Anesthesiology by the American Board of Anesthesiology since 1994, and also is a diplomat of the American Board of Pain Medicine since 1996. He is a fellow, charter member, and on the Board of Directors for the American Board of Minimally Invasive Spinal Medicine and Surgery. Dr. Levine is a leader in developing and teaching new techniques in interventional pain and internationally.

Dr. William L. Hall is Board Certified by the American Board of Physical Medicine and Rehabilitation, and the American Board of Pain Medicine. Dr. Hall joined Midwest Pain Institute after completing his residency at the University of Cincinnati in August 2002. Dr. Hall served as chief resident in the department of Physical Medicine and Rehabilitation, with duties both academic and administrative in nature. He has focused his skills and talents on the management both nationally diagnosis and treatment of back and spinal pain.

Kent B. Remley, MD

Dr. Kent B. Remley, a graduate of IU School of Medicine, is an Interventional Neuroradiologist specializing in minimally invasive spine surgery as well as diagnostic and therapeutic injection procedures of the head, neck and spine. Prior to practicing in Atlanta and Indianapolis he served as an assistant professor of Radiology and Otolaryngology and director of ENT/ Head and Neck Imaging at the University Of Minnesota and was a clinical instructor in Neuroradiology at the University of California, San Francisco.

Locations

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President's Page David R. Diaz, MD

It's time we have a heart to heart ...

It's time we have a heart to heart ... No, it isn't February. It's time to be up front about some challenging times IMS is facing, the first one of which is Membership.

Membership recruitment and retention challenges are our greatest hurdles to overcome. Because of drastic changes in healthcare, many physicians, some who were long-time IMS Members, no longer make the decision when it comes to paying

invoices for membership dues; it is made by a manager somewhere. Others choose to use designated educational funds to attend a meeting in lieu of continuing to support IMS. This, coupled with the fact that most new graduates are employed physicians who don't see the need to have a voice outside of their hospital's administration, have created a trend of declining membership. We ask you to make the decision for Membership!

During the November 18th IMS Board of Directors Meeting, a Task Force was appointed to revamp the IMS, especially focusing on Membership and how we might function as a more regional Society serving more of Central Indiana. The Directors also ordered IMS to seek new partnerships and sponsorships with organizations that provide sources of revenue with a significant return on investment to the IMS and our physician members. We welcome and enthusiastically encourage your ideas and input to this process. Phone the Society 639-3406 or email ims@imsonline.org. Tell us what you want.

While it is of little comfort, every association in the country, professional or not, is struggling with membership issues. Many county medical societies are actively recruiting Nurse Practitioners, Practice Administrators, and other allied health professionals. We have not chosen to do this, but again, we want your input. A number of medical societies have moved to an organizational model for membership rather than offering individual membership, the result of which is more members, but less revenue. Revenue is enhanced by offering services to these groups on a fee-for-service basis.

It is a fact that peer-to-peer recruitment is the one thing that works. Because YOU value your IMS Membership, talk with a colleague and convince them to join as well. Do you remember why you joined IMS? It was probably, "the right thing to do" as one Director stated the other night. It's still the right thing to do! IMS is the only medical organization that encourages membership from all specialty physicians ... We



are inclusive – all specialties; all MDs/DOs in the greater Indianapolis area; all hospital systems; all ages, ethnicities, backgrounds; all practice sizes.

Our other challenge is with regard to our declining revenues due to a couple of factors. One is Membership as we discussed above. The other is the IMS Headquarters, which, while a fantastic facility, is an aging building many times larger than we need. A decision was

made by IMS Leadership to sell the building. We have worked with a commercial realtor for six months in an effort to get this accomplished. We will seek another realtor to work aggressively on our behalf to find a buyer willing to pay market value. We will downsize in space needed and be renting both working space and parking space. Ultimately this will reduce deficit spending.

Your IMS staffers have all agreed to take a 10% cut in pay in order to keep their jobs and save Society funds. The IMS Executive Committee has closely examined every revenue and expense. The 2015 Budget was decreased, resubmitted, and decreased again.

This New Year is being met with a renewed enthusiasm by IMS leadership with a focus on more ways to ensure that IMS is indispensable to physicians in the Indianapolis and surrounding area. We remain confident that physicians will remain loyal to IMS and, in fact, advocate membership to their colleagues. As you use this New Year for resolutions and recommitments, make your relationship with the IMS a priority. Ask a colleague to join you and become more involved with the Society. Help provide the voice of leadership in medicine in Central Indiana.

Dues statements have been mailed; if you did not receive your statement personally, check with your Practice Administrator to see that your dues are paid. It's the right thing to do.

We would encourage anyone interested in joining IMS leadership to contact Mrs. Beverly Hurt, IMS Executive Vice President, at (317) 639-3406 or bhurt@imsonline.org

She is more than happy to answer any questions you might have about our organization.

A Different View of Change

Change is always a constant in our personal and professional lives. It can be positive or negative depending upon how we choose to view a particular situation. This couldn't be truer than in the changes that have been taking place in healthcare. In 2015 Physicians will continue to face implementation of ICD-10, Meaningful Use, HIPPA compliance, The Affordable Care Act, Maintenance of Certification, Department of Labor audits of your employee benefits, the decision to remain independent or join a Health System and for some deciding simply to remain a Physician or retire.

The changes that have been taking place in Healthcare are not unlike the changes I have seen in my career over the last 20 years in the Financial Industry. Regulatory changes impacting how planners interact with our clients, technology changes, buyouts and mergers creating larger firms with fewer options where Financial Advisors can work, shrinking payouts and the decision to remain at a large firm or go independent. Change in the financial industries has been more aggressive since the financial crisis in 2008. Most of the change has been good, while some has not. Working through that change, reevaluating how I run my practice, how I can best serve my clients and examining the Large Firm versus the Independent Firm business model was challenging, required significant time and effort. It was frustrating at times and all done while still running my practice. In the end, all of this change was extremely positive.

So how do Physicians deal with all of this change in a positive manner? There certainly isn't a right or wrong way to approach all of the changes you are facing, so I will simply share some of my ideas developed for Physicians over the past two years.

All of these ideas revolve around the business side of being a Physician and running a practice. These changes are stressful for you and your staff. If your staff is stressed and unhappy, your work product suffers as does the patient experience. Something I have used in my practice is a personality assessment called InSights. InSights looks at how one interacts with people and, more importantly how you are perceived by others and assigns a color to those traits. Understanding how you are being perceived by others provides the tools to adjust how you interact with other Physicians, staff and patients on a personal level. This can improve the patient experience and strengthen the relationship. When staff understand how they are perceived by others and the reasoning behind behavior it can lead to better interoffice relationships. Often times there is a realization that certain people work better together or on different tasks and that change leads to a more productive office. InSights or another personality assessment may lead to great benefits in your proactive environment.

I have also been using Lean Six Sigma principles in my practice for several years. Lean Six Sigma is a process methodology that takes a scientific approach to solving problems and eliminating waste. Many Health Systems have been using Lean Six Sigma for a wide variety of issues, such as meeting Baldridge criteria, to developing processes to ensure patient outcomes are satisfactory so that reimbursements are paid. I, personally, use Lean Six Sigma in the management of 401k plans with ERISA regulations that are complex and where the stakes are high.

Did you know that the Department of Labor (DOL) audits 401k plans and Physician Owners are personally liable for mistakes made by employees, any actions taken by the Financial Advisor, as well as, failing to properly document the plan according to ERISA guidelines can result in fines. Last year the DOL recovered \$1.3 Billion in fines with an average fine more than \$100,000.00.

Lean Six Sigma allowed me to develop a scientific repeatable process to help protect Physicians. Lean Six Sigma has excellent applications in medical practices for you to develop processes to best implement ICD-10, Electronic Medical Records, examination of your billing process to eliminate waste and improve reimbursements just to name a few. Lean Six Sigma does this in project format to determine the likelihood of success before changes are implemented so as not to waste time and money on an idea that might not work.

I believe that it will be important for you to examine every aspect of how you run your practice for change to be positive. Should you examine the possibility of outsourcing billing to free up time for staff to implement ICD-10; reevaluate current leases for more favorable terms; or establish lines of credit from lenders that have teams dedicated to Healthcare so that when there are initial revenue delays from ICD-10, you will have the cash flow to meet your needs? These questions and many others should be asked and those questions should be directed to professionals that are focused on Healthcare because they understand the challenges you are facing.

Physicians are confronted with constant change; these ideas are presented with the hope that you are able to find a few ideas to help make change positive.

Christopher A. Gray Physicians Wealth Management 101 W. Ohio, Suite 2000, Indianapolis, Indiana 317-454-8105, mobile 317-529-3796



What better way to start the New Year?

What better way to impart your professional life to your children and family members or mentorees? Right now the IMS is offering a special discount on membership for you and them through the New Member Mentor Tradition Program ... see page 8 in this issue for further information. The Gift is for you and yours!

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Bulletin Board

Mary Ian McAteer, MD, Pediatrics, has joined Riley Physicians, Indiana University Health at the Meridian Crossing office, 11590 N. Meridian Street, Suite 300, 317-688-5220.

Edward B. Aull, MD, presented at the CHADD 26th Annual International Conference in Chicago on November 15, 2014. He spoke on "A Parent's Guide to the Medical Treatment of ADHD with Autism or Asperger's Syndrome." This was Dr. Aull's 17th appearance as a presenter at the international meeting.

Juliana E. Meyer, MD, has joined Franciscan Physician Network Breast Specialists. She will have office locations at the Franciscan St. Francis Cancer Center at 8111 S. Emerson Ave. and Franciscan St. Francis Health-Mooresville, 1205 Hadley Road. Dr. Meyer will add an additional location at Franciscan St. Francis Health-Carmel in January 2015.

A board-certified surgeon and Fellow in the American College of Surgeons, Dr. Meyer will focus on the treatment of breast disease and melanoma.

Dr. Meyer has held academic appointments with the Indiana University School of Medicine, where she completed fellowship training at IU in Oncology Quality and Outcomes and Clinical Hepatobiliary.

Douglass S. Hale, MD, Urogynecology Associates, Female Pelvic Medicine and Reconstructive Surgery Fellowship, Clinical Professor: Indiana University/Methodist Hospital serves on the executive committee of AUGS as Vice President and will become president in 2015. FPMRS (urogynecology) has recently been recognized by ABMS as the newest subspecialty in the nation. AUGS is the national organization representing the majority of these new specialists. The first board approved fellowship in the country for FPMRS is located in Indianapolis and is run by Dr. Hale and IMS Member, Dr. Michael Heit.

News from Goodman Campbell Brain and Spine ...

Albert E. Lee, MD, and coauthors from Oregon Health & Science University, Portland, Oregon, published their



Edward B. Aull, MD



Douglass S. Hale, MD



Albert F. Lee, MD



Mary Ian McAteer, MD



Meyer, MD



Jodi L Smith, MD

response to a letter to the editor challenging their assertion that trigeminal neuralgia is caused by vascular compression. Read the letter and response in the October 14 (Vol. 121) issue of the Journal of Neurosurgery.

Jodi L. Smith, MD, and coauthors from Lilly Research Laboratories, investigated perampanel, an AMPA receptor antagonist that is used as an adjunctive treatment for partialonset seizures. In this study, the authors examined tissues from the brains of rodents and humans. They wanted to know whether perampanel would decrease epileptic-like activity and minimize motor side effects. While perampanel has been effective in animal models, the experimental data from this study showed that it also has potential as a safe and effective means of seizure control in humans. Results appeared in the October 2014 issue of the Journal of Pharmacology and Experimental Therapeutics.

In another article published in the October 2014 issue of the Journal of Child Neurology, Dr. Smith and a coauthor discussed case reports of children with neurofibromatosis type 1. They addressed factors that impair wound healing after pial synangiosis surgery and the clinical implications of poor wound healing in these children.

Calling All IMS Members

To maintain and grow your Indianapolis Medical Society, Membership needs to be job ONE!

Do you have a Son, Daughter, Nephew, Niece or Grandchild who has chosen to follow in your footsteps and practice medicine? Or, are you currently mentoring a resident or fellow? If you answered "Yes" to either of these questions, please speak with them about joining the Society!

Maybe you would prefer to "gift" them with a membership instead. Applications can be found on our website, www.imsonline.org. Upon entering our website, click on the membership tab, and there you will have two options for membership: either print an application, complete and send in with check, or fill in the online application and submit payment separately. We also accept payment over the phone using your MC, AE or Visa credit card. OR, if all of this is a bit much for you, give us a call to have a pre-populated Membership Application sent to you or them.

We are offering a \$100 discount off of the IMS dues investment for both YOU and the NEW MEMBER you recruit! Please call Tyna McCauley at 639-3406 to confirm an amount before payment is submitted. The amounts vary depending on the new member's status; i.e., Resident, 1st Year Practice, Active. You may also contact her via email at tmccauley@imsonline.org

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- Patient Inquiries
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We want your photographs to use as covers for the *IMS*Bulletin and to highlight your talents in the magazine and on the web. Need high resolution (300 dpi) or least 8" x 10." Questions, please phone Marcia 639-3406.

Please submit articles, comments for publication, photographs,
Bulletin Board items,
CME and other information to mhadley@imsonline.org
by the first of the month preceding publication.

In Memoriam



William Darby Ragan, MD, 1927 - 2014

Dr. William Darby Ragan, 87, Indianapolis, died peacefully on November 11, 2014 surrounded by family.

Dr. Ragan was a proud Indianapolis resident for over 80 years. Son of a Presbyterian minister, Dr. "Bill" Ragan graduated from Shortridge High School and received a B.S. from Butler University.

He served in the US Army before attending and graduating from Indiana University School of Medicine in 1954. Dr. Ragan interned and completed his residency at the IU Medical Center and General Hospital from 1955 to 1959.

Dr. Ragan served in private practice from 1959-1971. He joined the Indiana University OB/GYN staff as Professor Emeritus in the Department of Obstetrics and Gynecology from 1972-1992.

Dr. Ragan was a pioneer in OB/GYN ultrasound technology and a leader in Indiana maternal mortality research. After retirement, he continued to work on mortality cases. Dr. Ragan taught IU residents and delivered over 4,000 Hoosier babies.

Dr. Ragan received many awards. Among them were the Diplomat and Examiner, American Board of OB/GYN; Former President, Indiana Section American College of OB/GYN; Wyeth, Ayerst President's Community Service Award; Munsick/Ragan Outstanding Faculty Award, Indiana University resident class of 1992; Chairman, Maternal Mortality Committee of Indiana. In 2004, he was recognized by the Indianapolis Medical Society and ISMA as a member of the 50-Year Club.



basketball.

Robert Maurice Butler, MD, 1923 - 2014

Robert Maurice Butler, MD, passed away November 16 at the age of 91. He was born on June 25, 1923 in New Harmony, Indiana.

Dr. Butler graduated from New Harmony High School where he played on the basketball team and started down a road of life-long devotion to

Dr. Butler entered Evansville College in music, another longstanding interest. His college career was interrupted by World War II and the United States Army. In the Army, he was selected to train towards a degree in medicine. He began his studies at the University of Pittsburgh and, at the conclusion of the war, finished his Medical Degree at Indiana University School of Medicine. He completed his internship and pediatric residency at Marion County General Hospital.

He again entered the service during the Korean conflict as a member of the Air Force and was awarded the Bronze Star. Upon returning to Indianapolis, Dr. Butler established a private practice and joined the Pediatrics department of the Indiana University School of Medicine, working for more than 30 years at Marion County General and then Wishard Hospital. He was teacher to many junior medical students and pediatric residents. In 2000 he was awarded emeritus faculty status.

After retiring from the IUSM, Dr. Butler practiced at Hawley Memorial Hospital at Fort Benjamin Harrison in Indianapolis until its closing and then continued his service to the armed forces through MEPS until age 89 when he completed over 60 years of medical practice. Always the physician, he kept current on medical literature to the end.



Ursula E. Post Mitman, MD, 1923 - 2014

Dr. Ursula Mitman, 91, of Indianapolis, died on Sunday, November 23, 2014. She spent her last days and hours surrounded by her family and the caring staff at Marquette.

Dr. Mitman was born in Oschersleben, Germany. Her dream to become a physician was halted due to wartime Germany; despite obstacles she earned her medical degree in Frankfurt am Main in 1956. She immigrated to the United States. Determined to resume her medical career, she passed her U.S. Medical Boards in 1967 specializing in Radiology. She began her career as Radiologist at St. Vincent's Hospital in Indianapolis, leading the way as one of the first female radiologists on staff. She continued her career in medicine at St. Francis Hospital in Beech Grove, retiring in the late 1980s.



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Carriage House

ME & Conferences

Community Hospital East

Critical Care Conference

Wednesday Bradley Board Room, 12:00 - 1:00 p.m.

Second Medical Grand Rounds

Bradley Board Room, 12:30 - 1:30 p.m. Tuesday

Community Hospital North

First Pediatric Grand Rounds Wednesday Reilly Board Room

7250 Clearvista Dr. 7:30 - 8:30 a.m.

First North Forum

Reilly Board Room; 12:00 - 1:00 p.m. Friday

Every Other Psychiatry Grand Rounds 7250 Clearvista Dr. Month

4th Thursday Multi-Service Rms. 1 & 2, 7:30 - 8:30 a.m.

Community Heart & Vascular Hospital

Imaging Conference: First Wednesday rotates Cath & Echo Case Presentations

CHVH MCV Boardroom Videoconference to HVC Anderson Office, HVC East Office BR (Ste. 420)

HVC South Office CR (Suite 2400)

HVC Kokomo 7:00 - 8:00 a.m.

Third

Wednesday

Ken Stanley CV Conference CHVH MCV Boardroom Videoconference to HVC Anderson Office, HVC East Office BR (Ste. 420)

HVC South Office CR (Suite 2400)

HVC Kokomo 7:00 - 8:00 a.m.

Fourth Disease Management Conference: rotates CHF & EP Case Presentations Wednesday

CHVH MCV Boardroom Videoconference to HVC Anderson Office, HVC East Office BR (Ste. 420)

HVC South Office CR (Suite 2400)

HVC Kokomo 7:00 - 8:00 a.m.

2014 Cancer Conferences Community Hospital East

Third East General Cancer Conference - CHE

Medical Staff Conference Room Thursday 12:00 noon to 1:00, lunch provided

East Multidisciplinary Breast Cancer Conference - CHE Fourth

Medical Staff Conference Room Tuesday

7:00 to 8:00 a.m.

Community Hospital North

North Multidisciplinary Breast Cancer Conference - CHN First & Third

8040 Clearvista Parkway, Suite 550 Tuesdays

7:00 to 8:00 a.m.

North Multidisciplinary GI/Colorectal Oncology Conference - CHN Second & Fourth

Wednesdays 8040 Clearvista parkway, Suite 550

7:00 to 8:00 a.m.

First North Multidisciplinary Gynecologic Surgical

Oncology Conference - CHN Friday

8040 Clearvista Parkway, Suite 550

7:30 to 8:30 a.m.

First North Chest Cancer Conference - CHN 8040 Clearvista Parkway, Suite 550 Wednesday

7:00 to 8:00 a.m.

Melanoma Cancer Conference - CHN Third Wednesday 8040 Clearvista Parkway, Suite 550

7:30 to 8:30 a.m.

Community Hospital South

South Multidisciplinary Breast Cancer Conference - CHS Second

Community Breast Care Center South 533 E. County Line Rd., Suite 101 Wednesdays

8:00 to 9:00 a.m.

South Multidisciplinary GI/Colorectal Oncology Conference Fist

Tuesday 1440 E. County Line Rd.

Community Cancer Care, Community Room

12:00 to 1:00 p.m.
For more information, contact Valerie Brown, (317) 355-5381.

Indiana University School of Medicine/ Indiana University Health

IU – Methodist – Riley

Jan. 23-25 Musculoskeletal Ultrasound Beginner Level Course

IUSM Campus, South Bend, Indiana

Jan. 24 Breast Cancer: Year in Review

Indiana History Center, Indianapolis

March 9-11 Third Annual Children's Health Services

Research Symposium

Health Information & Translational Science

Building (HITS), Indianapolis

April 24-26 American Medical Women's Assocation (AMWA)

Annual Meeting

The Palmer House, Chicago, Illinois

50th Annual Riley Hospital for Children's May 14-16

Pediatric Conference

Sheraton North, Indianapolis

Review and Interpretation of the 2014 July 10

ASCO Conference

The Towers, IUPUI Campus, Indianapolis

July 13-19 100th Annual Anatomy and Histopathology of the

Head, Neck and Temporal Bone

Indianapolis

Course dates and locations are subject to change. For more information, please visit http://cme.medicine.iu.edu or call

317-274-0104.

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Events

Indianapolis Medical Society

January

27 IMS Board, Society, 6:00 PM, Social; 6:30 PM, Dnr/Mtg.

February

17 Executive Committee, Nominating Committee appointed. AMA Presidents' Forum, Grand Hyatt, Wash., D.C. AMA's National Advocacy Conference (NAC), Wash., D.C. 23-25

March IMS Advisory Breakfast (Le Peep's), 7:30 AM ... prior to ISMA BOT 9:00 AM, ISMA

Senior/Inactive Luncheon, Society, 11:30 AM. Speaker TBA 24

IMS Board, Society, 6:00 PM, Social; 6:30 PM,

Dnr/Mtg., Speaker HAPPY DOCTOR'S DAY! TBD

IMS Nominating Cmte., Hale Room, Society Headquarters, 6:30 PM, Light Dinner.

April

21Executive Committee, Society, 6:00 PM, Sandwiches 22 Administrative Professional's Day (aka Secretaries' Day)

May

IMS Board, Society, 6:00 PM, Social; 6:30 PM, Dnr/Mtg **TBA** MSE Board Meeting, Society, 6:15 PM, Sandwiches

June

6-10 AMA Annual House of Delegates' Meeting, Hyatt

Regency, Chicago, IL

Senior/Inactive Luncheon Meeting, 11:30 AM, Society

CME

2015 Midwest Clinical Conference

68 th Annual 2015 Midwest Clinical Conference (MCC) March 13-14,2015

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Questions or to register:

Chicago Medical Society, 515 N. Dearborn, Chicago IL 60654 Cecilia Merino, Director of Education, cmerino@cmsdocs.org Phone: 312-329-7339, fax: 312-670-3646, ww.cmsdocs.org

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